

Healthy Living for your Brain and Body

I attended a seminar at the Larchmont Public library yesterday 5/12/2025 via zoom. Below is a summary and my notes.

- 7 million people affected with Alzheimer's national and 55 million people worldwide.
- 1 in every 10 men diagnosed
- 1 in every 5 women diagnosed

Brain-Body- Heart connection (Healthy Living reduces chances of Alzheimer's by 40%)

- 7 areas to improve (I was only able to obtain 5)

Notes:

Alzheimer's destroys connection between brain cells. Approx 80% of Dementia symptoms are shown. Dementia is an umbrella term that describes symptoms not the disease. Some factors that have been studied is Genetics, Environment and Lifestyle.

Healthy Level Guidelines

These are just guidelines that was discussed in yesterday's seminar, consult with physician for more personalized medical advice.

- ACL (Good Cholesterol) Above 50
- LDL (Bade Cholesterol) Below 100
- Triglycerides Below 150

What is good for the heart is good for the brain

The 5 lifestyle areas are:

1) Quality Sleep (Quality- Quantity)

- Environment

2) Addictive Substances

3) Mental Health

- Socializing
- Self-Care

4) Physical Activity

- Walking
- Talk to doctor before doing any activity with high intensity
- Stairs instead of elevator

5) Healthy Diet

- Deep colored vegetables
- Unsaturated Fats
- Limit sugar and Salt

